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Weekly Bulletin



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GUY P. JONES
EDITOR

HUMAN CAPITAL.

A century ago Sismondi showed that the health and strength of the workers and the energy of the race are the most precious forms of capital that can be amassed. However prosperous it may appear, an industry which leads to permanent deterioration in the workers' health is a social evil.

Industrial medicine considers man not only as an isolated individual but also as a group element, a unit participating in the formation of human capital, a link in the chain of the race, a cell in the human organism, a factor in the general prosperity in which he participates and of which he is the creator and the producer.

The strength and vitality of the race depend upon the quality of its progenitors. The people's wealth and power depend on their work, the value of which depends in its turn upon the number and quality of its producers. An essential condition of national prosperity is the possession of sufficient numbers of healthy workers.

As a philosopher once said: "The first condition of success in this world is to be a healthy animal, and the first condition of national prosperity is that the nation shall be composed of healthy animals. That, however, is not all. Not only does it often happen that the outcome of a war depends upon the strength and bravery of the

troops, but in industrial struggles also victory * * * depends upon the physical strength of the producers."

Man is just as much capital as is a machine or a horse, of which the cost price and the probable output must be considered. His output depends upon his health, and upon his physical, intellectual and moral value.

During the active period of his existence, a healthy man produces normally more than he consumes from birth till death. During illness or disability he produces less or ceases entirely to produce, becoming a burden to collectivity. Healthy adults must produce for the nonproducers, *i. e.*, children, old people, the sick and the infirm.

General prosperity depends, therefore, upon the proportion of producers to nonproducers. It grows as the number of the former increases and the number of the latter decreases. Industrial medicine aims at increasing the number and value of producers and the length of their period of productivity, and at reducing as far as possible the number of nonproducers (the sick and infirm) by fighting the causes of sickness.

Medicine and public health, by preventing avoidable illness and premature deaths and by reducing unproductivity caused by illness or infirmity, lessen the social burden and unproductive expenditure and increase production by increasing the number and value of workers.—Dr. Sicard de Plauzoles, Paris.

Start Hay Fever Prevention Early.

In hay fever coming at practically the same time each year, a fairly accurate guess as to the cause can often be made by noting the particular grass or weed or flower pollen most common at that time. In hay fever or asthma occurring at odd times during the year it is wise first of all to have a competent physician examine the throat and nose for any obstruction in the upper air passage. If none can be found there, it should be noted whether the attack is preceded by contact with certain animals, absence of which gives relief. In many cases asthma may come from the presence of cat hair or dog hair in the dust of the house, actual contact with the animal not being necessary to bring on an attack. It should next be noted whether the patient is free from symptoms when away from home. If so, then experiments should be tried to determine the exact cause by substituting hair for feather pillows, cotton for hair mattresses, etc. Women and girls afflicted with either hay fever or asthma should be careful not to use talcum powders containing orris root. Note should also be made as to whether the symptoms always appear after eating certain foods. In hay fever due to pollens the eyes should be protected by goggles when one is exposed as in walking in the fields, or automobile riding, for the pollen often reaches the nose from the eyes through the tear duct.

If these suggestions all fail, a physician can oftentimes decide definitely what is causing the trouble by inoculating into the skin of the arm minute amounts of a sterile extract of each of the pollens and other such materials as might produce the symptoms. No discomfort is felt until the substance actually causing the trouble is injected when a slight swelling, reddening and itching occurs. Once the right substance is thus detected relief from the affliction can usually be obtained by weekly inoculations of increasing doses of an extract of the substance in question, thus causing the body to manufacture its own antidote.

It is interesting to learn what results may be expected from taking the treatment which has been indicated.

One specialist has reported that of over 1700 cases treated by him 25 per cent were entirely relieved of their symptoms, 50 per cent more were sufficiently improved so that they could attend to their work, and were quite comfortable, 15 per cent were only slightly relieved, while 10 per cent were not benefited.

The results of treatment are said to vary with the strength of extract used and the intelligence of the patient in carrying out instructions. As a rule it must be repeated each year. Many patients show a tendency toward a recurrence of the disease in succeeding years, necessitating other courses of treatment. Some people seem to outgrow the disease. At all events, the treatment even if it does not permanently cure the disease, at least serves as an alternative for the former necessity of seeking a hay fever colony or taking an ocean trip.



Plague Slumbering in California.

Reading reports of public health conditions throughout the world, during the past few years, makes one feel that he is fortunate in that he lives in a country where public health is safeguarded properly. A statistical abstract recently issued as a parliamentary paper in England shows that during the decade, 1910-1920, 3,500,000 residents of British India died of plague, a number equal to the entire population of California. During the same decade there were 3,866,000 deaths from cholera and 809 deaths from smallpox. The figures show that each year, during 1910-1920, there was an average of 817,000 deaths from epidemic diseases. Since the introduction of plague into India there have been more than 10,500,000 deaths from this disease.

It was not many years ago that plague occurred in epidemic form in California. The disease is still slumbering within the state. A human case occurs occasionally and infected rodents, both rats and ground squirrels, are found continually. The United States Public Health Service, in cooperation with the State Board of Health, conducts operations toward determining the extent of the infection in this state. California is fortunate in that plague has not flared up recently.

Institute for Public Health Nurses in Los Angeles.

An institute for public health nurses will be given by the California State Board of Health and the University of California Summer Session at the southern branch of the University of California, Los Angeles, July 23d to August 4th. Subjects of importance in the work of a public health nurse will be taken up in this institute. The program is similar to that of last year's institute at Berkeley, with the exception of the fact that there will be no field work on the program for this year. Nurses who attended the Berkeley institute profited through their attendance. It is believed that the Los Angeles institute will be equally successful. Nurses in southern California have expressed a strong desire to attend the courses in the southern part of the state. This has led to the decision to hold an institute in the south each alternate year.

The program will cover the two weeks from July 23d to August 4th and the sessions will be three hours in length, from 1 to 4 of each afternoon except Saturday and Sunday of each week. A special program and trip has been planned, however, for Saturday, July 28th. The mornings will be free in order that nurses who desire, may visit clinics or special points of interest in and about the campus and city.

Admission can be secured only through application to the State Board of Health, 727 Forum Building, Sacramento. It is required that applicants be either graduates of an accredited course in public health nursing, or public health nurses who have had at least one year of field work in public health. Application blanks will be forwarded to persons requesting same. Each nurse who is properly registered and who has been in attendance during the entire institute will be granted a certificate by the State Board of Health.

Protest Use of Tobacco in Health Centers.

Dr. F. E. Corey, health officer of Alhambra, makes a vigorous protest against the use of tobacco in the health center. He says, in a communication addressed to the State Board of Health: "The practice of smoking will surely nullify, in some

degree, the influence of health officers, especially in offices where mothers bring their babies and where children come to be taught the care of their bodies." His formal protest, published at his urgent request, reads as follows:

The man who advocates virtue while practicing vice will have more influence to promote vice, than to encourage virtue. Consistency is a jewel of practical value.

Although the practice of the majority has the power with many minds to make vice seem virtue, there are a few, a respectable minority, who regard the use of tobacco as a vice, unnecessary, offensive to some, and to say the least, not conducive to physical or moral health; certainly its use is not necessary for the development or maintenance of perfect health.

The health center is to teach and illustrate, not only the control of contagious diseases but the ideals of perfect health. The influence of example will exceed the influence of profession.

How can a health center expect to fulfill its high purpose and command the respect of all people, if its officers indulge in a habit known to be injurious and make their offices offensive (to some) by tobacco smoke.

MORBIDITY.*

Chickenpox.

Among the reports received were the following: Alameda City 23, Berkeley 21, Livermore 1, Oakland 12, Orland 2, Eureka 7, Los Angeles County 15, Alhambra 2, Azusa 1, Glendale 8, Inglewood 1, Los Angeles City 58, Pasadena 26, Pomona 2, San Fernando 1, Riverside City 8, Sacramento City 10, San Francisco 47, San Joaquin County 10, Lodi 3, Manteca 1, Stockton 1, Tracy 1, San Jose 7, Yosemite 4.

Measles.

Among the reports received were the following: Alameda County 8, Alameda City 12, Berkeley 52, Livermore 3, Oakland 104, Piedmont 3, Calaveras County 2, Contra Costa County 3, Richmond 7, Eureka 6, Kern County 3, Bakersfield 3, Los Angeles County 52, Alhambra 3, Burbank 1, Claremont 7, El Segundo 1, Glendale 11, Inglewood 15, Long Beach 28, Los Angeles 185, Monrovia 10, Pasadena 14, Santa Monica 3, Whittier 8, Torrance 2, Hawthorne 2, Southgate 5, Mariposa County 3, Modoc County 7, Orange County 86, Fullerton 5, Santa Ana 3, Beaumont 7, Sacramento City 6, Colton 1, Ontario 1, San Bernardino 12, San Diego County 21, Chula Vista 2, East San Diego 3, Oceanside 1, San Joaquin County 28, Lodi 12, Manteca 4, Stockton 90,

Tracy 2, San Luis Obispo County 6, Santa Clara County 3, Gilroy 1, San Jose 7, Santa Clara 9, Petaluma 9, Dinuba 8.

Whooping Cough.

Among the reports received were the following: Alameda City 2, Berkeley 12, Oakland 9, Los Angeles County 7, Burbank 1, Covina 3, Glendale 2, Huntington Park 3, Long Beach 2, Los Angeles City 27, Pasadena 6, San Gabriel 1, San Marino 2, Sacramento City 4, San Diego County 2, Chula Vista 6, San Francisco 5, San Joaquin County 4, Stockton 4, Tracy 9.

Scarlet Fever.

Among the reports received were the following: Alameda County 3, Alameda 3, Berkeley 5, Oakland 8, Richmond 3, Fresno County 2, Eureka 4, Los Angeles County 10, Long Beach 2, Los Angeles City 39, Pasadena 4, Pomona 3, Hawthorne 1, Sacramento City 11, San Francisco 29, Stockton 3, Vallejo 2, Stanislaus County 4, Newman 1, Red Bluff 5.

Smallpox.

Six cases of smallpox were reported, distributed as follows: Los

Angeles City 4, San Francisco 1, Stanislaus County 1.

Typhoid Fever.

Seven cases of typhoid fever were reported, the distribution being as follows: Berkeley 2, Fresno City 1, Long Beach 1, Riverside County 1, Sacramento County 2.

Cerebrospinal Meningitis.

Four cases of cerebrospinal meningitis were reported, as follows: San Francisco 3, Sonoma County 1.

Epidemic Encephalitis.

Four cases of epidemic encephalitis were reported, as follows: Los Angeles County 1, Los Angeles 3.

Diphtheria.

Among the reports received were the following: Alameda City 3, Berkeley 1, Oakland 16, Los Angeles County 3, Alhambra 3, Long Beach 3, Los Angeles 39, Monrovia 1, Pasadena 2, San Fernando 1, Santa Ana 2, Sacramento County 1, Sacramento City 2, Stanislaus County 2, Modesto 2, Tulare County 2.

*These data are from reports received up to last Tuesday afternoon. Reports received since that time will be included in next week's report.

COMMUNICABLE DISEASE REPORTS.

Disease	1923				1922			
	Week ending			Reports for week ending April 21 received by April 24	Week ending			Reports for week ending April 22 received by April 25
	Mar. 31	April 7	April 14		April 1	April 8	April 15	
Anthrax.....	0	0	0	0	0	0	0	0
Cerebrospinal Meningitis.....	2	4	6	4	2	2	0	2
Chickenpox.....	175	301	331	281	151	177	118	122
Diphtheria.....	141	158	176	136	161	128	134	98
Dysentery (Bacillary).....	0	4	2	2	1	0	0	0
Epidemic Encephalitis.....	2	7	5	4	4	0	3	0
Gonorrhoea.....	138	114	127	67	68	91	55	115
Influenza.....	219	211	104	108	854	310	169	90
Leprosy.....	1	1	1	0	1	0	0	1
Malaria.....	1	0	4	7	3	1	1	1
Measles.....	813	1113	1011	947	22	17	32	19
Mumps.....	21	34	39	18	56	62	76	60
Pneumonia.....	122	70	61	81	211	103	96	96
Poliomyelitis.....	0	1	1	0	1	0	0	0
Scarlet Fever.....	174	216	145	153	101	123	103	76
Smallpox.....	13	34	49	6	44	43	46	23
Syphilis.....	107	146	104	80	113	100	80	93
Tuberculosis.....	155	188	151	214	288	110	149	182
Typhoid Fever.....	10	7	9	7	7	16	10	5
Whooping Cough.....	206	221	208	126	67	87	59	75
Totals.....	2300	2830	2534	2241	2155	1370	1131	1058